

ON THIS MONTHS

AROUND THE COUNTRY

- New Year's Day | 01
- Orthodox Christmas Day | 07
- Orthodox New Year | 14
- World Religion Day | 19
- Australia Day | 26
- Australia Day Observed (Public Holiday) | 27
- Lunar New Year | 29

SPECIAL DAYS FOR OUR EDUCATORS

- Minji Ko | 14
- Kui-Young Seo | 16
- Mi Ae Jun | 25
- Young Youn Hong | 26
- Hye Il Jang | 27
- He Sug Park | 31



5 MINUTE MOVES

THE BALLOON BOUNCE

A fun, easy activity for some active minutes at home or daycare.

Blow up a balloon and challenge the kids to keep it off the ground by bouncing it with their hands, feet, or heads. The balloon is light and slow, making it easy for little hands to hit, but it can become challenging as they try to keep it in the air. To add excitement, set rules like no hands or only using feet. This game helps with hand-eye coordination, balance, and focus. It's a great way to keep kids moving and have fun, whether indoors on a rainy day or outdoors in the sun! You can even turn it into a team game by having them work together to keep the balloon from touching the floor. This activity can be done anywhere and is perfect for kids of all ages.

KIDS IN THE KITCHEN

MINI VEGGIE WRAPS

PREP 15 mins | MAKES about 6-8 wraps

INGREDIENTS

- Whole wheat tortillas
- Cream cheese or hummus
- Sliced cucumbers
- Shredded carrots
- Leafy lettuce or spinach
- Sliced bell peppers
- Sliced turkey or chicken (optional)



METHOD

1. Set up a station with tortillas, spreads, and fresh veggies ready for the kids.
2. Give each child a tortilla and encourage them to spread a thin layer of cream cheese or hummus. Then, let them add slices of cucumber, shredded carrots, leafy greens, and bell peppers. For an added protein option, they can add a few slices of turkey or chicken.
3. Once they've filled their wraps, help them roll it up tightly and cut it into smaller pieces.

TIP: Let the kids try arranging the veggies in colorful patterns inside the wrap! These mini veggie wraps are a healthy, fun, and hands-on snack that helps children enjoy fresh vegetables and practice their fine motor skills.

COMMUNITY EVENTS

- Wildlife Wonders – Sensitive Session** – Tuesday, 14 January 2025 | 10:00am to 11:00am
\$17.00 1 ticket is good for child & parent/carer | **Bookings essential online** | **Suitable for children in School Years K–6** | **Castle Hill Library, 14 Pennant Street, Castle Hill, 2154**
 Discover the wonders of Australian wildlife in this engaging, hands-on workshop with professional zookeepers from Feature Creatures.
 Get up close and personal with reptiles, and amphibians as you explore their habitats and learn about their vital role in our precious ecosystem.
- Australia Day Weekend Celebrations** – Saturday, 25 Jan 2025 – Sunday, 26 Jan 2025 | 4.00pm to 11.00am
Parramatta Park Cattle Paddock
 This Australia Day weekend enjoy two very special events in Parramatta: experience the breath taking hot air balloon illumination spectacular on Saturday 25 January, followed by a morning of watching hot air balloons soaring, delicious BBQ food, and family-friendly activities on Sunday 26 January.
 *Tickets for amusement rides can be purchased at the event.
- Sustainability Families Festival | All Ages | Ryde Library** – Wednesday, 15 January 2025 | 10:00am to 02:00pm
Free | Ryde Library, 1 Pope Street, Ryde, 2112
 Join us at the Sustainability Families Festival at Ryde Library for a fun-filled day of eco-friendly activities and learning for all ages!
 Join us at the Ryde Library for a day filled with fun and learning at our Sustainability Families Festival! Bring the whole gang for a day of eco-friendly activities, workshops, and games.
- Garden Craft for all ages** – Monday, 13 January 2025 | 10:00am to 12:00pm
Free | Bookings essential | Auburn Centre for Community 44A Macquarie Road, Auburn
 Join us for a free gardening workshop hosted by Cumberland City Council and Barnardo's Australia!
 This fun and engaging program invites kids to unleash their creativity as they make beautiful wind chimes and make their own garden creations to take home. This activity is held in our well-established garden at Auburn Centre for Community.

SUSTAINABILITY CORNER

SUSTAINABLE NEW YEAR CELEBRATIONS

This New Year, celebrate in an eco-friendly way by focusing on reducing waste and reusing what you already have.

Instead of buying new decorations, reuse those from previous years or make your own using natural materials. Collect pinecones, dried flowers, or branches to create beautiful centerpieces or wreaths. Repurpose old holiday cards by cutting them into fun shapes, such as stars or hearts, and string them together to create a festive garland. For a fun activity, help the kids make DIY party hats by decorating recycled paper or cardboard with glitter, stickers, or markers.

Instead of using lights, why not make paper lanterns? You can create lanterns from old newspaper or scrap paper, and use them to brighten up your space. Add a small battery-operated light inside for a soft, glowing effect or simply hang them as decorative pieces. This sustainable idea not only reduces waste but also offers a creative way to light up the celebration without relying on electricity.

**FEEDBACK IS ALWAYS
WELCOME**

POLARIS FAMILY DAY CARE
 info@polarisfamilydaycare.com.au
 02) 9008 2270